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**PAL Jr Islanders Training Camp**

September 4th: The Rinx, 660 Terry Road, Hauppauge, NY

* 8:00am Arrival
* 9:00am On Ice till 10:30am
* 11:00am Off Ice till 12:15pm-Crossfit Training Center
* 12:30pm Lunch at The Rinx Café
* 1:00pm Coaches Talk

September 5th: The Rinx, 660 Terry Road, Hauppauge, NY

* 8:00am Arrival
* 9:00am On Ice till 10:30am
* 11:00am Off Ice till 12:15pm-Crossfit Training Center
* 12:30pm Lunch at The Rinx Café
* 1:00pm Coaches Talk

September 6th: The Rinx, 660 Terry Road, Hauppauge, NY

* 8:00am Arrival
* 9:00am On Ice till 10:30am
* 11:00am Off Ice till 12:15pm-Crossfit Training Center
* 12:30pm Lunch at The Rinx Café
* 1:00pm Coaches Talk

Team Hotel: Holiday Inn Express, 2050 Express Drive South, Hauppauge, NY. Please ask for the The Rinx/PAL Jr. Islanders rate, includes breakfast. The fee for training camp is $350.00, please make checks payable to Pride In Athletics for Life, please bring these checks when you arrive on September 4th.

Every player **MUST** go online at [www.usphl.com](http://www.usphl.com) and register for the upcoming season, this fee is $450. Players cannot enter the ice surface without proper registration.

September 7th, 8th & 9th- New Jersey Hitmen Exhibition Showcase, IceVault, **10 Nevins Road, Wayne, NJ.** Game Information: **Friday at 6pm,** **Saturday at 12:30pm and Sunday at 3:15pm.** The team **will not** be staying overnight, players will be responsible for own transportation for the weekend.

**\*\*\*\*Team BBQ-Monday/Sept 3rd at the Perrone’s, all are welcome. This BBQ is mandatory for all players, coaches, staff and parents are all welcome.**

**\*\*\*\*Sept 10th at 10am-Move in day at Iceworks.**

Regular season practice starts Tuesday/Sept 11th at Islanders Iceworks, 175 Underhill Blvd, Syosset, NY